

WHAT IS CLAIMED IS:

1. A method of adjusting the optical thickness of an optical component made from a material transparent to light to be used, comprising;

5 adding one of layers of a material which is the same as the material of said optical component, and of a material which has an index of refraction close to the index of refraction of said material of said optical component, to a surface of said optical component by at least one of vapor deposition and vapor growth, so that optical thickness is increased.

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2. An optical component whose optical thickness has been adjusted by the thickness adjustment method of Claim 1.